

# Suicide Survivors: *The Healing Journey After Loss*

## Bibliography

Bolton, I. and Mitchell, C. (1983). *My Son...My Son...A Guide to Healing After Death, Loss, or Suicide*.

This book may hold special meaning for those searching for healing after the loss of a son. The author's hopeful message is just as helpful to those who have lost a daughter or brother. This is a simple and comforting book from a mother with firsthand knowledge.

Buscaglia, Leo F. (1983). *The Fall of Freddie the Leaf: A Story of Life for All Ages*.

This book deals with death on a level that children can begin to understand. Mr. Buscaglia does a good job of explaining death as a natural part of the cycle of life. Beautifully illustrated with simple text. The book does not specifically address suicide.

Colt, G.H. (1991). *The Enigma of Suicide*.

This encyclopedic volume on suicide is informative and thorough. It may be more helpful for those wanting an academic view of suicide than for those looking for comfort. It includes large sections on history, 'right-to-die' issues, prevention and survivors.

Dower, L. (2001). *I Will Remember You: What to do When Someone You Love Dies: A Guidebook Through Grief for Teens*.

This book is directed toward teens but appropriate for all ages. It is written in clear, simple language that can help teens through the grieving process. It guides the adolescent reader through confusing feelings and helps them give words to the emotions they may feel. It includes a number of excellent writing and meditation exercises. The author also talks about grief through history and in other cultures.

Elliott, H.B., Brad. (1993). *Ripples of Suicide*.

Harold Elliott is a Baptist minister and the Chaplain for a Texas Police Department. His book has a slightly academic feel to it and includes good historical information. Some readers may find the police angle of his real world work experiences a little difficult to handle. Some of the content is quite graphic. It includes helpful information on dealing with suicidal individuals and notifying families.

Etkind, M. (1997). *...Or Not To Be: A Collection of Suicide Notes*.

Only a minority of those who complete suicide will leave a note. This book is a compilation of notes from a wide variety of people. They include celebrities and everyday people. They range in time from the 1700s to the present. These are interesting insights that may not be right for everyone.

Fine, C. (1997). *No Time To Say Goodbye: Surviving the Suicide of a Loved One*.

Carla fine has written about the loss of her husband to suicide. This book particularly addresses the social stigma that is still attached to suicide. Fine was so ashamed by her husband's suicide that she initially told others that his death was due to a heart attack. The author has spoken with many other survivors and passionately communicates their stories and experiences along with helpful information from mental health professionals.

Hewett, J.H. (1980). *After Suicide*.

A recommended and highly readable book. Its practical nature can help readers understand what to expect after a loved one completes suicide and offers options for coping. It includes a very helpful chapter on suicide and faith. It also clarifies many of the misconceptions that we hold about suicide and religion.

James, J.W. and Friedman, R. (1998). *The Grief Recovery Handbook: The Action Program For Moving Beyond Death, Divorce, and Other Losses*.

Those who like the idea of following a "program" for recovery will enjoy this book. It addresses losses of all types not just those related to suicide. A small downside for some readers may be the book's insistence on strict adherence to the author's program and the offer of what seems like a "cure" for your grief. However, the book appears to have a wide following and is used as a springboard for many self-help groups.

Jamison, K.R. (1999). *Night Falls Fast: Understanding Suicide*.

Kay Redfield Jamison has had her own personal struggle with manic-depressive illness and survived a suicide attempt. As a Johns Hopkins Professor of Psychiatry, she is well equipped to clearly discuss the current epidemic rates of suicide and the myriad of causes. She also reminds us of the preventable nature of this epidemic. The book uses essays on individual suicides to poignantly illustrate the various forces at work in those who complete suicide.

Larch, Jean. and Cobain, Beverly. (2006). *Dying to Be Free: A Healing Guide for Families After A Suicide*.

Honest, gentle advice for those who have survived an unspeakable loss, the suicide of a loved one. Transforming suffering into strength, misconceptions into understanding, and shame into dignity, the authors break through the dangerous silence and stigma surrounding suicide to bring readers this much-needed book. Cobain's achingly honest account of dealing with the suicide of a loved one, along with personal stories from others who experienced this profound loss, provide powerful insight into the confusion, fear, and guilt family members experience.

Lester, D. (1993). *The Cruellest Death: The Enigma of Adolescent Suicide*.

This helpful book gives us a broad overview of the various factors that can contribute to suicide in adolescents. This book is an excellent primer for the mental health professional just beginning to study teen suicide. The book covers theory and research as well as epidemiology and interventions.

Robinson, R. (1989). *Survivors of Suicide*.

Originally published in 1989, this book was revised in 2001 and contains additional information on teen suicide. The book also reviews such areas as common suicide myths, depression, historical and religious perspectives and includes a resource directory.

Ross, E. Betsy. (1997). *Life After Suicide: A Ray Of Hope For Those Left Behind*.

This is a blessing of a book. Collective stories of others, careful research into the subject, ethical debates over the stigmatism of suicide, and even the dealings with the coroner and police – makes this a complete suicide survival guide. This could be used by anyone dealing with this terrible burden.

Smolin, Ann and Guinan, John. (1993). *Healing After the Suicide of a Loved One*.

Too often people suffering the aftermath of a suicide suffer alone. As the survivor of a person who has ended his or her own life, you are left a painful legacy – and not one that you chose. This book will help you take the first steps toward healing. While each individual becomes a suicide survivor in his or her own way, there are predictable phases of pain that most survivors experience sooner or later, from the grief and depression of mourning to guilt, rage, and despair over what you have lost. Filled with case studies, excellent information, valuable advice, and a completely up-to-date reading list and directory of suicide support groups nationwide, this valuable book will give you the strength and hope to go on living.